

College Admission Deferral Request

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Admissions Office]

[College/University Name]

[College Address]

[City, State, Zip Code]

Dear [Admissions Committee/Specific Name],

I hope this message finds you well. I am writing to formally request a deferral of my admission to [College/University Name] for the [upcoming academic year/semester]. I am incredibly grateful for the opportunity to attend your esteemed institution; however, due to recent mental health challenges that I have been facing, I believe it is in my best interest to take a gap year to focus on my well-being and personal development.

Throughout this year, I have been actively working with a mental health professional and engaging in various wellness activities to improve my situation. I am committed to ensuring that I am in the best possible mindset to embrace the academic and social challenges of college life.

I kindly ask for your understanding and support in granting me a deferral. I believe that this time will allow me to return to my studies with renewed focus and energy. I plan to stay connected with the college during my gap year and will keep you updated on my progress.

Thank you for considering my request. I look forward to your understanding response.

Sincerely,

[Your Name]